



# News Release

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## **Healthy holiday traditions start by getting the family active**

*Adding fun, healthy activities establishes healthy traditions for generations to come*

**OLYMPIA** — One of the most cherished and important parts of a healthy family life is having family traditions as we celebrate special holidays together. Making celebrations active and healthy can establish rituals that families will treasure and carry on.

Adding activities like scavenger hunts, throwing snowballs, moonlight walks, or charades are examples of lively ways to have fun. Festivities usually include sweets and favorite recipes that can be enjoyed in moderation to avoid adding extra pounds during the holiday season. A few ideas to encourage healthier eating include:

- Use yogurt as a base for dips and applesauce in place of butter in sweet breads, cakes, and other baked goodies. Find lots [more good ideas](#) online.
- Lighten up the beverages—reduce the amount of sugar and calories by filling the punch bowl with low-calorie alternatives. Try light version eggnog—it has about 140 calories; full-calorie eggnog has almost 350.
- Use smaller plates and [other strategies](#) to encourage smaller portions.
- Turn off the TV and give [gifts that promote activity](#).

It's also essential to take a look at potentially unhealthy rituals. Consider if alcohol and tobacco at family gatherings may set an unhealthy example for kids. Parents and other older family members will understand that it's important to keep impressionable kids in mind when celebrating.

The [Department of Health website](http://www.doh.wa.gov) (www.doh.wa.gov) is your source for *a healthy dose of information*. Also, [find us on Facebook](#) and [follow us on Twitter](#).

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